



**Spring 2022 Beginners' Running Course with the Handy Cross Running Club!!
Couch to 5km in 10 weeks!!
£20 include Technical T-Shirt & Graduation Medal**



"Really enjoyed it, and very pleased to have completed the course. I look forward to the next stage!"

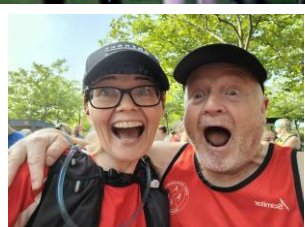
Starts Wednesday 20th April 2022

7pm – 8.30pm

Wycombe Judo Centre

"Learning running techniques. Who knew there was a technique! Brilliant!"

f HXR Beginners' Group



to enrol, or for more information, contact

Eithne & Natasha on

handycrossbeginrunning2020@gmail.com

A program led by qualified leaders

Each session covers:

- *Mobility exercises & technique*
- *Progressive programme of running and walking*
- *Cool down and stretching*

Homework runs to reinforce technique and endurance

Running 5km continuously – you will by the end of the course!

Changing and showering facilities plus a bar for after-run socialising at the Judo Centre

Suitable for all levels of ability

Wycombe Judo Centre, Barry Close, Booker, HP12 4UE